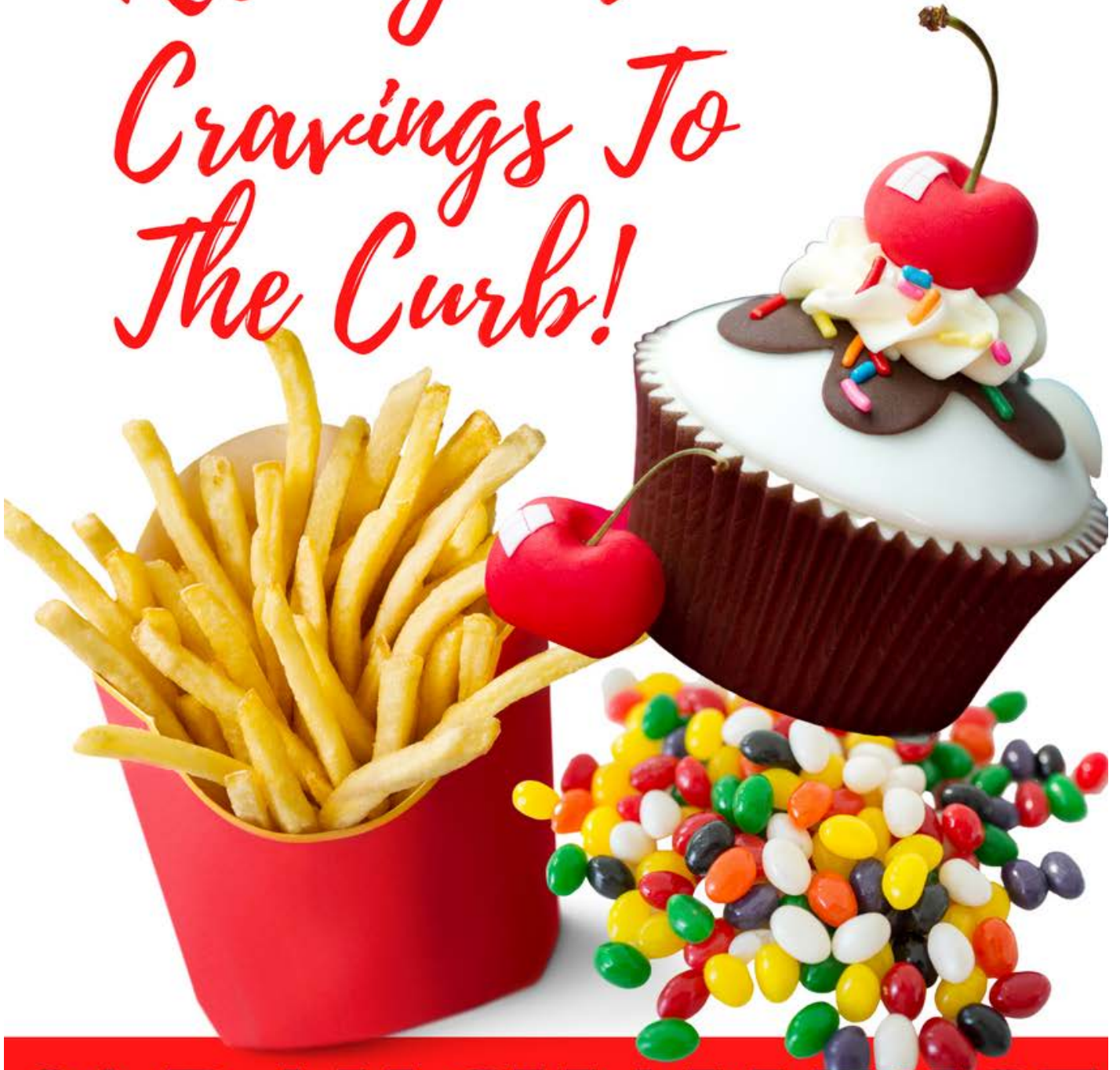


*Kick Your
Cravings To
The Curb!*



21-DAY CHALLENGE

**Go From Compulsively Craving To
Comfortable in Your Own Body!**

INTRODUCTION

21-Day Challenge!

Welcome to 'Constantly Craving to Calm and Comfortable in 21 days!'

You are here! I'm so excited. Congratulate yourself for the exceptional commitment you've made to finally feel free from cravings and comfortable in your amazing body.

I can't wait to share this transformational information with you. You and I get to work together every single day for 21 days using highly effective strategies. It takes dedication to make these strategies work.

Don't worry, I'll be with you every step of the way giving you all the tools you need for sensational success. All you simply need to do is use them.

To get the best benefits from this program, I want to give you an overview of what you can expect.

Every day for 21 days you will receive a short easily digestible video and a play work handout.

INTRODUCTION cont.

Instead of white knuckling it through your cravings, these loving videos are specially designed and loaded with simple, easy lasting solutions to bring your body to its perfect weight, balance your body and finally kick your unhealthy food cravings to the curb.

It takes 21 days to create a habit, so each video lesson layers on the last. I invite you to incorporate these lessons into your daily habits. Using these exercises and strategies consistently will give you the freedom and power to easily open to positive changes with your food and life.

There's an article published by the national science foundation saying that the average person has 16,000 to 20,000 thoughts per day. 80% of these thoughts are negative and 95% of those negative thoughts are the same as the day before. What does that mean?

Even when we are not aware our negative brains get in the way of our success. Your negative brain may say, this is stupid, that won't work or there's no way I'll do that.

We are very critical about ourselves. I invite you to try these strategies on. Practice the exercises throughout the day.

Be open!

They don't take long. They might take a while at the beginning and once you get going, they become second nature and you will love them.

INTRODUCTION cont.

This practice includes many mindful strategies. The mindful exercises give you the foundation to connect with your inner voice. Please don't ignore these strategies they are the foundation for the program.

Cravings are never about what you are eating, they are about what's eating you.

Is it your life or are your cravings controlling you? It's up to you. You have a choice.

If you feel overwhelmed, take it easy so you can really start seeing and feeling the changes. Know you will have this program forever so if you miss a day, not a problem, just hop back on and get yourself back on track.

If you need any help or a little push, please don't hesitate to Reach Out for Additional Support if needed. You are more than welcome to give my Program Director, Penelope Bent a call Directly, 415-532-5833.

We're here for you. Let's have fun and let this life changing journey begin!

Happy Craving Kicking!

With Love & Support,

Kathryn Chess